

# Refreshing Apricot Smoothie

**Makes:** 2 Servings

This recipe combines canned apricots and yogurt for a delicious smoothie. Consider canned apricots as a delicious dessert or snack served directly from the can.

## Ingredients

- 1 can** apricot halves (chilled, about 15 ounces)
- 1 cup** low-fat plain or vanilla yogurt (8 ounces)
- 1/8 teaspoon** vanilla extract (2-3 drops, to taste)
- 6** ice cubes (6-8 cubes)

## Directions

1. Combine all ingredients in blender.
2. Cover and blend on high until smooth.
3. Add more ice cubes for a thicker smoothie.

**Source:** Recipe adapted from Apricot Producers of California, [Apricotproducers.com](http://Apricotproducers.com).

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>260</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	5 mg
<b>Sodium</b>	<b>90 mg</b>
<b>Total Carbohydrate</b>	<b>60 g</b>
Dietary Fiber	6 g
Total Sugars	41 g
Added Sugars included	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	245 mg
Iron	1 mg
Potassium	N/A
N/A - data is not available	